

## Services Provided in an Assisted Living Home

*The following services should be available, accessible, and in sufficient quantity to meet resident needs.*

- Three balanced, nutritious meals and at least one snack offered daily at consistent times. Efforts must be made to accommodate special dietary preferences and needs.
- Basic housekeeping services provided weekly within individual units. These services should include vacuuming, dusting, emptying trash, cleaning the bathroom and performing annual heavy cleaning.
- Comfortable furnishings and storage space for clothing and personal possessions. Towels and bed linens furnished weekly, or more often if necessary.
- Assistance with activities of daily living (ADLs): walking, eating, dressing, bathing, toileting and transfer between bed and chair.
- Assistance with instrumental activities of daily living (IADLs): doing laundry, cleaning of living areas, food preparation, managing money and conducting business affairs, using public transportation, writing letters, obtaining appointments, using the telephone, and engaging in recreational or leisure activities.
- Medication assistance and management.
- Emergency response systems that residents can activate.
- Health promotion and monitoring, such as blood pressure, pulse rate and weight checks.
- A variety of social, educational and recreational activities that include opportunities for socialization and wellness – including exercise – offered both within and outside the assisted living residence.
- Coordination, arrangement and ongoing evaluation of service provision.
- Transportation services that are either provided, arranged or coordinated by the assisted living program.
- Supervision and oversight for persons with cognitive disabilities.

Note: While the Alaska Statutes and Regulations also address the services to be provided by an assisted living home, this list was compiled from recommendations in *Operational Practices in Assisted Living*. Gulyas, Ruth (editor). American Association of Homes and Services for the Aging; 1999.